

Help Reduce the FLU@Work

Seasonal flu affects up to 40 million Americans every year. Influenza and its complications are responsible for an average of 200,000 hospitalizations and 36,000 deaths annually in the U.S. Wondering how you can stop the flu in its tracks? Here's a simple checklist.



IF POSSIBLE, GET A FLU SHOT

The vaccine is the first line of defense in preventing the flu. Ask your doctor or local health department where you can get a flu vaccine.



Source: FluSTAR.com



FOLLOW SIMPLE PREVENTIVE MEASURES

- **Wash your hands** frequently with soap and warm water for at least 20 seconds. You can also use a waterless hand sanitizer.
- **Practice respiratory etiquette.** Covering your mouth and nose with a tissue when coughing or sneezing reduces the chances of spreading the virus to others.
- **Use a tissue** or your sleeve as a shield when touching door handles to offices, restrooms, cafeterias, and other public places.
- **Disinfect your work surfaces** and door handles frequently.



TRACK THE FLU

Visit www.FluSTAR.com and plug in your ZIP code to find out whether the flu is headed to your city or town.

FOR MORE INFORMATION, VISIT:
National Foundation for
Infectious Diseases (NFID)
www.NFID.org



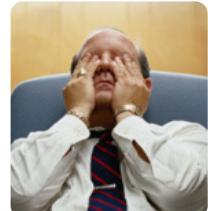
National
Foundation for
Infectious
Diseases



KNOW FLU SYMPTOMS – IS IT A COLD OR THE FLU?

Symptom	Cold	Flu
Aches and pain	Slight	Usual, often severe
Chest discomfort	Mild to moderate	Common
Coughing	Hacking	Nonproductive, can become severe
Extreme exhaustion	Never	Early and prominent
Fever	Rare	Typically high (>103 F; 3 – 4 days)
Headaches	Rare	Prominent
Sneezing	Usual	Sometimes
Sore throat	Common	Sometimes
Stuffy nose	Often	Sometimes
Tiredness/weakness	Mild	Can last 2 – 3 weeks

No symptoms? If your co-workers have the flu, you may be next. There are steps you can take, such as taking prescription medications, that can prevent you from getting the flu and spreading it to others at work. If you take an antiviral medication within two days of exposure to the flu bug, there is a 92 percent chance that you won't get sick.



CALL YOUR DOCTOR

You don't have to take the flu lying down. If you think you may have the flu, contact your doctor immediately. He or she can prescribe antiviral medications that shorten the number of days that you are sick and reduce the severity. During the 2006 – 2007 flu season, the Centers for Disease Control and Prevention recommends that oseltamivir (Tamiflu) and zanamivir (Relenza) be prescribed when an antiviral medication is needed. You'll be back on your feet in no time!



STAY HOME WHEN SICK

Influenza can spread quickly in the workplace, especially if people are coming to work sick and not visiting a physician for appropriate treatment. If you have the flu, don't risk infecting your co-workers.